



FLIPPING GOOD

One of our favourite things about this February? Pancake Day! While we usually feast on fluffy American-style pancakes or French-style crêpes, it's worth taking note of variations from around the world. Branch out with a **Korean seafood pancake** (page 29), or **Dutch baby** (page 19), America's take on the German *pfannkuchen*.

OR TRY THESE

SCOTCH PANCAKES

Spread these little discs, also known as drop scones, with jam for a teatime treat.

BUCKWHEAT GALETTES

Hailing from Brittany, these nutty crêpes are traditionally served with caramelised apples.

DOSAS

Made with soaked rice and black lentils, and perfect for mopping up southern Indian pickles and chutneys.

BLINTZES

Found all over eastern Europe, with sweet and savoury fillings. In Poland they're often filled with cheese, then folded up and fried.

The knowledge

Tips, tricks and kitchen know-how from the Waitrose Food cookery team



HOW TO PREPARE A COOKED LOBSTER

You'll need: a chopping board set inside a large rimmed baking tray (to catch any juices), a large cook's knife, a teaspoon, a clean tea towel and a seafood fork or wooden skewer.

1 Twist off the claws and legs, breaking them at the joints, and set the body aside. Over a bowl, use a seafood fork or wooden skewer to pick out as much flesh as possible.

2 To tackle the claws, cover each with a clean tea towel. Use the back of the knife to sharply tap the roundest point of each claw a few times to crack it open. Break away the shells, pick out all the meat and add it to the bowl with the rest of the flesh.

3 Uncurl the lobster body, and place, shell-side up, on the board. Put the point of your knife in the centre of the lobster's head. Confidently push down and slice through the head in between the eyes, then cut lengthways through the body and tail, to separate into two halves.

4 From each half, remove and discard the stomach (just behind the eyes), and the intestinal tract, (which runs from the stomach through the top part of the body and tail meat).

5 Use a teaspoon to remove any green or red-coloured roe found at the top of the head, and the green liver (known as the tomalley and considered a delicacy), found just below the roe. Reserve both separately, or discard, if liked.

6 Scoop out the body and tail meat and mix with the claw meat. If using the shell for presentation (as in the lobster thermidor on page 54), pull off and discard the leg sockets and any gills (known as dead-man's fingers), while keeping the head and tail shells attached.

DID YOU KNOW? Only Chinese soy sauces come in light and dark; Japanese soy sauces have just one style. Dark soy is milder, less salty and best for cooking, while light soy delivers much more punch and works best as a dipping sauce. »

